

ARCATA Zen Group
Study Retreat with Mark Lancaster February 23-28



Theme: What is a teacher? What is a student?

We will discuss, examine and explore how teachers and students can work together studying the way. The text we will use will be the “Guidelines for Studying the Way” (Gakudo Yojin-Shu) by Eihei Dogen. We will use Kaz Tanahashi’s translation from “Moon in a Dew Drop” but if you have other translations, please feel free to use them.

- *To arrange private meetings with Mark Lancaster, contact Toby Griggs at 825-8227 or Tobias Griggs at ir2bg@yahoo.com*
- *Please pre-register for the Saturday Program by contacting Karen Mueller at 444-3920 or kkmmueller@earthlink.net*

Tuesday, February 23

Travel day. Arrive in Arcata approximately at 3 pm.

5:30-6:15 pm Evening Zazen

Wednesday, February 24

6:10-6:50 am Morning zazen (meditation) and service.

8:30-10:30 am Westhaven Sitting Group

11:00-12:00 Available for private meetings by arrangement*

1:30-3:00 pm Doan training- bell s, m okugyo, han a nd kokyo training
(Everyone welcome)

3:30-5:00 pm Available for private meetings by arrangement *

5:30-6:15 pm Evening Meditation & Service

6:15-7:45 pm Practice Committee Meeting, includes dinner together

Thursday, February 25

6:10-6:50 am Morning zazen and service

7:00-8:30 am Tea after zazen (All welcome)

10:30-12:00 Available for private meetings by arrangement *

1:30-3:00 pm Meditation Workshop/Review zazen and zendo forms

4:00-5:00 pm Available for private meetings by arrangement *

5:30-6:10 pm Evening zazen & service

7:00-7:20 pm Zazen

7:20-7:30 pm Kinhin

7:30-8:30 pm Dharma talk and discussion

(approx)

Friday, February 26

6:10 -6:50 am Morning zazen and service

7:00- 8:30 am Tea after zazen (All welcome)

10:30-12:00 Available for private meetings by arrangement *

5-6 pm Available for private meetings by arrangement *

7:00-7:20 pm Zazen

7:20-7:30 pm Kinhin

7:30-8:30 pm Dharma talk and discussion

(approx)

Saturday, February 27

Recommended donation is \$25 for the day, plus dana for teacher0

Uej qictuj kr u'ct g'bcxkc dig'wr qp 'tgs wguw:

7:45 -8:20 am	Morning zazen (optional)
8:20-8:30 am	Kinhin
8:30-9:10 am	Zazen
9:10 -9:20 am	Morning Service
9:20-9:45 am	Break (Coffee and Tea available)
9:50-11:20 am	Dharma Talk and Discussion
11:20-11:30 am	Kinhin
11:30-12:00	Zazen
12 to 12:10 pm	Mid-day service
12:15 -1 pm	Silent Brown Bag Lunch
1-1:45 pm	Kinhin or rest period (<i>Each person can choose where they want to walk by themselves. Please remain silent and choose an appropriate walk for yourself</i>)
1:45 -2:20 pm	Zazen
2:20-2:30 pm	Kinhin
2:30 -3:00 pm	Zazen
3-3:05 pm	Break
3:05-4 pm	Dharma Discussion
4:-4:15 pm	Kinhin
4:15-4:45 pm	Zazen
4 45-4:55	Kinhin
4:55-5:25 pm	Zazen
5:25-5:40 pm	Full Moon/Bodhisattva Vow Renewal Ceremony
5:45 pm	Refuges & End

After the refuges on Saturday night, we will try to maintain silence until we meet after the Sunday Dharma talk at Aikido. Functional talking and a reasonable application of silence when you go home is recommended.

Sunday February 28

8:00-11:00am	Aikido Center
11:30-1 pm	Potluck lunch at AZG house